THE MANY FACES OF KAT VON D

THE TATTOO PRO TALKS PORTRAITURE. PAGE 16

metro
PHILADELPHIA Tuesday, May 21, 2013
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Evidence not there, says Knox's lawyer

Local ties. Amanda Knox's lawyer, Theodore Simon of Philadelphia, said his client is doing "remarkably well." **Another trial.** Simon affirms he's confident there is no evidence that links her to murder. PAGE 02

Local skateboarders can't wait until Paine's Park in Fairmount opens this week. / RIKARD LARMA, METRO

BACK TO THE DAILY GRIND PAGE 04

Montana's got a great 'Excuse'

PAGE 20

Oklahoma tornadoes kill dozens

PAGE 06

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1 NEWS

Online

Trending at Metro.us

1 Philadelphia boxing legend Bernard Hopkins will receive this year's John Wanamaker Athletic Award.

2 A Harley-riding historian will tour Philly tomorrow for an "American Ride" TV show shoot.

3 A study shows college women binge drink more alcohol than men.

Local tweet

"Please get well soon Chooch this rollercoaster offense needs you #phillies"

@dearestlaura, on the news that Carlos Ruiz, Phillies catcher, is on the disabled list with a hamstring strain

Amanda Knox's lawyer: She's doing very 'well'

Local connection. A Philly lawyer is representing Knox and said no evidence will link her to the murder.

Theodore Simon, the Philadelphia attorney who was instrumental in securing Amanda Knox's freedom, is happy to report his client is doing "remarkably well."

"Amanda is thoughtful and articulate," Simon said.

Knox was convicted in 2009 of murdering Meredith Kercher in Italy and served four years in prison. In March, her acquittal was overturned and the case sent back for reconsideration.

The favorable report produced by Simon's DNA expert contributed to the reopening of Knox's case, he said.

"Fortunately, I secured the world's greatest DNA expert," said Simon, who worked in conjunction with Knox's Italian lawyers. "He found that the knife, which was a key piece of trial evidence, did not contain blood. Therefore, it could not have been the murder weapon."

One cannot preferentially remove blood and leave DNA, Simon explained.

Simon is not worried that his client will be found guilty in the upcoming proceedings.

"There is no evidence, was no evidence, nor will there ever be any evidence linking her to the murder," said Simon.

LAURA GOLDMAN
letters@metro.us

Famous clients

Simon's former famous clients include:

- Alain Robert, Ira Einhorn while he was fighting his extradition from France to Philadelphia, Don King, former Atlanta Brave Chipper Jones and Timberwolves forward Dante Cunningham.

A bicycle built for two takes a ride along the Schuylkill River

Riders rented bicycles this week for a leisurely stroll along the Schuylkill River in Fairmount Park. Hot spots along the trail include the Philadelphia Museum of Art, Japanese House and Gardens, Boathouse Row (shown), Lemon Hill Mansion and more. It's also one of the best views of the Philadelphia skyline. / RIKARD LARMA, METRO

Invasion. Bedridden man beaten, robbed at Northeast home

A bedridden man was beaten late Sunday during a home invasion-style burglary in Northeast Philadelphia.

Police say the victim, 58, apparently buzzed in his assailants believing it was a friend. That's when five or six gunmen stormed his apartment, with several beating the disabled man at gunpoint as others ransacked his townhouse.

The suspects stole jewelry, $200, a cell phone and a TV, as well as the victim's keys and identification, from the Woodbridge Mews home.

The victim sustained cuts to his face and legs.

METRO

Shooting

Kensington man killed

A 51-year-old man was shot and killed in an apparent robbery in Kensington yesterday.

The shooting occurred in the 2800 block of Hartville Street about 1:30 a.m., reports say.

The victim was pronounced dead at the scene. No arrests have been made.

METRO

Missing. Family makes plea for son to return home

Pennsylvania State Police said yesterday that Matthew Royer, 21, a University of Rhode Island student who vanished on his way home to Collegeville, Pa., may have decided to take a detour without telling anyone.

At a press conference, his mother asked her son, "If you can hear this, no matter what the circumstances are, your friends and your family, we all love you."

Concerns were raised when Royer didn't show up for his summer job at a local golf club. Surveillance video shows him at a gas station about 30 minutes outside his hometown. METRO

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Paine's Park opens today. / RIKARD LARMA, METRO

Skaters eagerly await launch of Paine's Park

Grinding. Paine's Park, which is set to open tomorrow, is intended for pedestrians and not just skaters.

Skaters congregated outside the fenced-off new skate park and dreamed of carefree riding.

"Everyone [who] ever skates Love Park is going to come here," said Yunis Ali, 26, from West Philly. "So they don't have to deal with the bulls—."

After years of contention between the city and skaters over the use of Love Park, Paine's Park, a public skate park next to the Philadelphia Museum of Art, will open tomorrow.

The total cost of the park, which was first announced in 2002, was about $4.6 million.

The park, which stretches across about three acres and sits on the Schuylkill River Trail, is wedged between Schuylkill River and the Benjamin Franklin Parkway.

It features brick quarter pipes, granite benches and metal railings.

Quoted

"The city is large enough for every activity. We have a lot of sports that aren't mainstream."
Councilwoman Jannie Blackwell

TOMMY ROWAN
tommy.rowan@metro.us

Drugs. Car stop leads to heroin confiscation

A traffic stop in Middletown, Del., on Saturday afternoon led to two narcotics arrests and the confiscation of more than 700 bags of heroin stamped with the logos "Death Injection" and "High Heat," according to Delaware State Police.

Officers arrested passengers Kyle Bitler, 25, and Alan Watkins, 24, who are charged with heroin possession. METRO

Proceeds of the bust. / DELAWARE STATE POLICE

Lottery

MontCo 7-Eleven dishes winning ticket

It's not $600 million, but it will still pay a lot of bills.

A $1 million Powerball ticket was sold at a 7-Eleven in North Wales in Montgomery County. The ticket matched all five white balls, but not the crucial red Powerball.

The winner has yet to claim the prize, officials said. METRO

Taxes. AVI property assessments 'flawed,' according to report

The Crosstown Coalition of Taxpayers announced yesterday a report revealing city property reassessment data for tax year 2014, when the Actual Value Initiative is set to go into effect, is "fundamentally flawed."

The report found less expensive homes are overassessed, with those whose sale prices are below $50,000 assessed at more than twice their market value.

It further claims large commercial buildings are overassessed, with the city's two dozen largest office buildings assessed between 70 and 85 percent of their estimated market values.

Coalition members will release the full report tomorrow at City Hall, where they will be joined by City Council members who will call for AVI to be delayed.

ALEX WIGGLESWORTH

Busted

Meth lab explodes in Carbon County

Investigators uncovered a meth lab following an explosion in Carbon County Sunday night.

Firefighters dispatched for the explosion on East Patterson Street in Lansford about 10 a.m., reports said.

Two men and one woman face charges in the methamphetamine case. Lansford is about 100 miles outside of Philadelphia. METRO

All signed up and ready to go

Mastery Charter School students and their families yesterday celebrated their version of College Signing Day, where students pledge to their future institutes of higher education. Last year, 97 percent of Mastery's seniors were accepted into a postsecondary program. / RIKARD LARMA, METRO

TV

Strawberry Mansion on 'Nightly News'

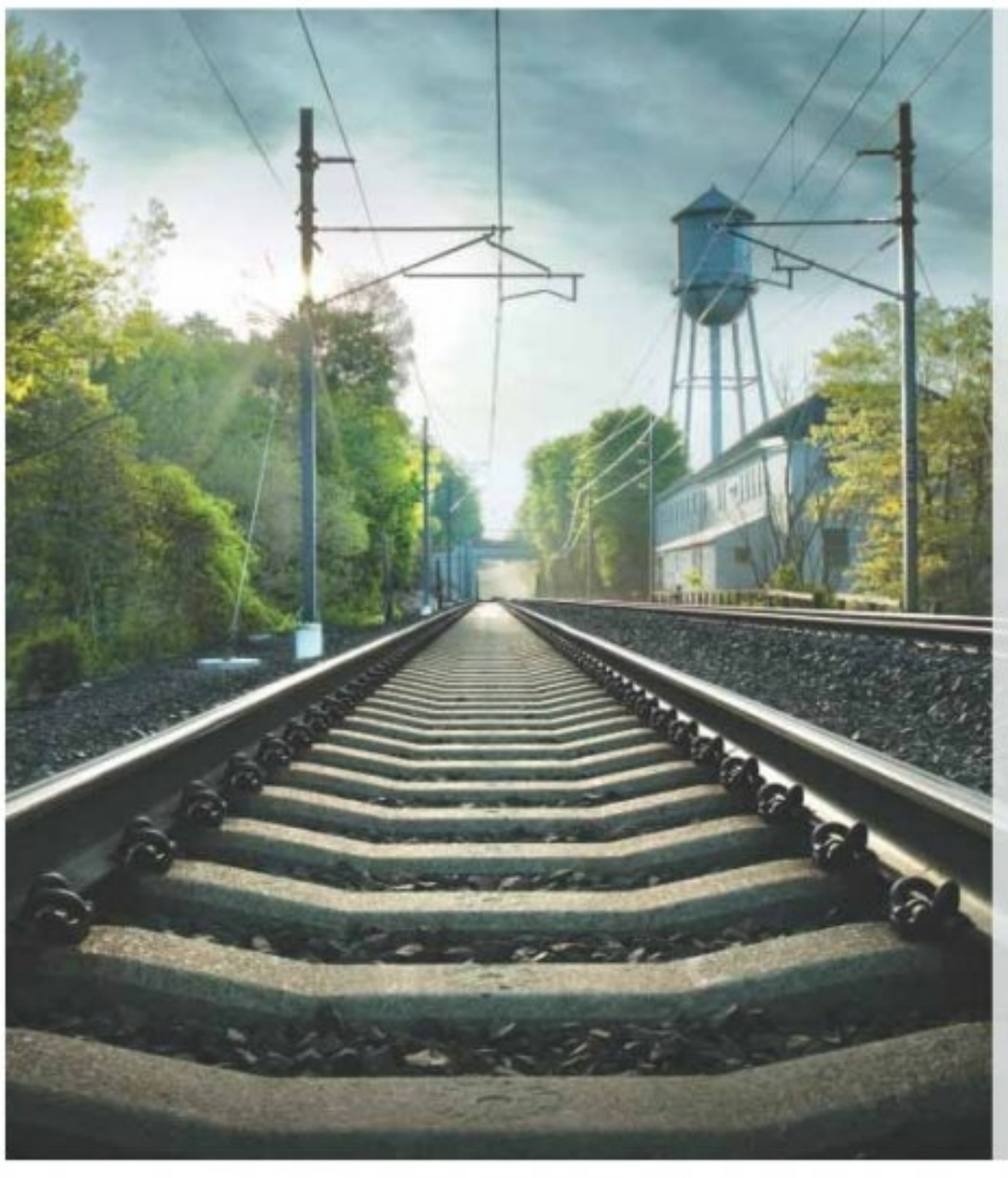
A segment on Strawberry Mansion High School will run tonight on ABC's "Nightly News with Diane Sawyer" at 6:35 p.m. as part of the show's "Hidden America" series. The segment will investigate one of the country's most dangerous schools. METRO

Jersey Shore

Free Wi-Fi at the beach

Comcast is opening the summer with free access to Comcast's many Wi-Fi hot spots along the shore from Friday through July 4. Just select the "xfinitywifi" network and follow the prompts.

METRO



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Poverty line

Study: More poor people now live in suburbs than cities

The number of people living in poverty in U.S. suburbs surpassed the number of poor in cities over the past decade, driven by strong growth in overall suburban populations, according to an analysis. The change is posing a challenge to some traditional U.S. approaches to fighting poverty, which were aimed primarily at poverty in urban settings, the Brookings Institution study found.

"Despite the fact that 'poverty in America' still conjures images of inner-city slums, the suburbanization of poverty has redrawn the contemporary American landscape," authors Elizabeth Kneebone and Alan Berube wrote in "Confronting Suburban Poverty in America."

The study cited several reasons for the change, including the shift to the suburbs of poor people seeking affordable housing or pushed out by gentrification. REUTERS

By the numbers

64%

The number of poor people living in suburbs rose 64 percent between 2000 and 2011, reaching 16.4 million, the study showed. The number of poor people living in urban areas increased 29 percent in that time span, to 13.4 million.

Dozens dead in monster Okla. tornado

Candice Lopez, left, and Stephanie Davis help clean debris from Thelma Cox's mobile home after it was destroyed. / GETTY IMAGES

Deadly weather. Suburbs near Oklahoma City were hit hard by the storm, which flattened a school.

A deadly tornado with winds of up to 200 miles per hour devastated the Oklahoma City suburb of Moore yesterday, ripping up at least two elementary schools and a hospital and leaving a wake of tangled wreckage.

At least 51 people have been confirmed dead from the huge tornado, a medical official said, and the number is expected to rise.

The powerful tornado, rated the second-highest strength level of EF4, touched down at midafternoon and devastated a wide area of the town.

Television video showed tracts of homes destroyed, cars tossed about and piled atop one another, and at least one building on fire.

Rescue workers pulled third-graders from the devastated Plaza Towers Elementary school in Moore. At least seven children from the school were counted among the dead. Aerial video showed first responders sifting through the rubble yesterday night.

"I have never seen anything like this in my 18 years covering tornadoes here in Oklahoma City. This is without question the most horrific," said Lance West, a reporter for KFOR. REUTERS

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If you have varicose veins, you already know they are unsightly and uncomfortable. Do you also know they can be hazardous to your health? Varicose veins are abnormally dilated veins that may protrude on the skin surface and appear as twisted and rope-like. They are often associated with symptoms such as pain, fatigue, heaviness, swelling, burning and itching. They may also be indicative of more serious health issues.

Venous Reflux Disease – A More Serious Condition…
Varicose veins may be symptoms of venous reflux disease, a serious medical condition. Healthy leg veins contain valves that open and close to assist the return of blood back to the heart. Venous reflux disease develops when these valves become damaged or diseased. As a result, vein valves will not close properly, causing varicose veins and other symptoms. This disease is progressive and can worsen over time.

It Could Happen to You - Contributing Factors…
Many underlying causes that may contribute to the presence of venous reflux disease, which has been attributed to heredity, obesity, pregnancy and professions that require long hours standing. Although some people are more susceptible than others by virtue of their jobs and/or medical history, the fact is that venous disease and varicose veins can happen to anyone.

Real Relief - Minimally Invasive, Maximum Results…
Although many people find relief by elevating their legs or wearing compression stockings, these are temporary measures. There are more permanent treatment options that offer real relief and are minimally invasive including:

- Vein Ablation (Radiofrequency 'RF' or Laser) - an innovative, minimally invasive technque that uses either larer or radiofrequency energy to precisely and effectively treat diseased veins with less pain, tenderness and bruising than alternative such as surgical stripping.
- Microphlebectomy - a procedure where varicose veins are removed through small incisions or needle holes that don't require stitches.

The Advantages…
The results of our minimally invasive vein treatments can be life changing. Patients experience little to no pain, and are back to their normal routines quickly. Most non-cosmetic procedures are covered by health insurance.

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Richard Gray is a fellowship trained and board certified Vascular and Interventional Radiologist. He earned his MD from the Cornell University Medical College, NY Hospital and completed a fellowship in Interventional Radiology at the MD Anderson Hospital & Tumor Institute at in Houston. Dr. Gray served as Director of Interventional Radiology at Washington Hospital Center and as Fellowship Program Director of Georgetown University for 20 years. While in Washington, he was repeatedly voted a "top doctor" in the *Washington Magazine* and was voted a "top doctor" by other doctors in the US. He is the author of numerous publications and is nationally recognized as a thought leader in venous access.

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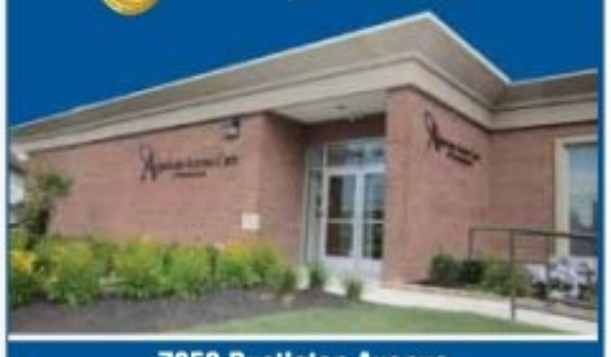

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The end. The Doors keyboardist Ray Manzarek dead at 74

Doors founding member Ray Manzarek is dead at the age of 74. The keyboard player, who contributed greatly to the band's signature sound on songs like "Light My Fire" and "Riders on the Storm" lost a battle to bile duct cancer in a clinic in Germany yesterday.

Ever since Doors singer Jim Morrison died in 1971 at the age of 27, Manzarek was crucial to preserving the band's legacy. He was instrumental in overseeing posthumous Doors releases and was even vocal about his dislike for the way his friend was portrayed in the 1991 movie, "The Doors." PAT HEALY

Morrison and Manzarek
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Yahoo promises not to screw up Tumblr buyout

Hello, kids. The $1.1 billion purchase gives the company a platform in social media.

One of these companies seems more excited. / GETTY IMAGES

Yahoo Inc. will buy blogging service Tumblr for $1.1 billion in cash, giving the Internet pioneer a much-needed social media platform to reach a younger generation of users and breathe new life into its ailing brand.

The deal, announced yesterday, is a bold bet by Yahoo CEO Marissa Mayer to revitalize the company by co-opting a Web property with strong visitor traffic, but little revenue.

The combination of Yahoo and Tumblr creates an online powerhouse with roughly 1 billion users, which will draw in more advertisers and help Yahoo keep visitors on its properties for longer periods of time, Mayer told Reuters in an interview.

Yahoo made clear it was sensitive to concerns that it might damage Tumblr by making it less irreverent or more corporate.

"Per the agreement and our promise not to screw it up, Tumblr will be independently operated as a separate business," Yahoo said in a statement.

REUTERS

Looking for love in all the Prague places

Rail passengers searching for love in the Czech capital need look no further than the daily commute as the city makes plans to designate carriages on its underground trains for singles. Prague transport company Ropid wants to set aside carriages on some or all of its trains for singles seeking a soul mate — a service that could launch by the end of this year. / GETTY IMAGES

Bought in blood

Gandhi blood sample up for auction

Two microscope slides bearing the blood of former Indian leader Mahatma Gandhi are to go on sale in London today and are expected to fetch from $15,200 to $22,800.

The slides were obtained in 1924 when the father of the Indian independence movement was recovering from an appendectomy near Mumbai. He was thought to have donated the blood to the family he was staying with at the time.

"To Gandhi devotees, it has the same status as a sacred relic to a Christian," said Richard Westwood-Brookes, a historical documents expert at Mullock's auctioneers, which is selling the item.

"It is an artifact [that] is revered by disciples of Gandhi, particularly in India, and therefore that is the sort of person who would go for it," he said.

REUTERS

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Taking the heat. More calls for officials to take blame in IRS flap

Pressure was building yesterday for the Obama administration to fire more people linked to the Internal Revenue Service's extra scrutiny of conservative groups, possibly including another top IRS official.

More than a week after a mid-level IRS employee apologized publicly for IRS agents' use of terms such as "Tea Party" and "patriots" to target groups' applications for tax-exempt status, Congress was preparing for two days of hearings on the matter.

Lois Lerner, chief of the IRS tax-exempt unit, is scheduled to testify tomorrow to a Republican-controlled investigative committee of the House of Representatives, along with other officials. Lerner's apology for the IRS targeting on May 10 at a legal conference in Washington set off the furor.

President Barack Obama fired acting IRS Commissioner Steven Miller on Wednesday. Some lawmakers, both Democrats and Republicans, are calling for Lerner to go next as the scandal continues to unfold, distracting Obama from his second-term legislative agenda. REUTERS

Quoted

"This appears to be just the latest example of a culture of cover-ups and political intimidation in this administration."

House Committee, on Ways and Means Chairman Dave Camp

President of Myanmar visits the White House

A press for peace. Obama urges Myanmar to stop violence against its Muslims.

President Barack Obama urged the president of Myanmar yesterday to take steps to halt violence against Muslims in his country and move ahead with economic and political reforms.

Thein Sein became the first head of Myanmar to visit the White House in 47 years. He and Obama sat down for talks in the Oval Office.

Obama said the Myanmar leader had assured him that he intends to move forward on releasing more political prisoners and institutionalizing political reforms that have already taken place. Sein vowed to resolve ethnic conflicts by incorporating all communities into the political process, Obama said.

"I also shared with President Sein our deep concern about communal violence that has been directed at Muslim communities inside Myanmar. The displacement of people, the violence directed toward them, needs to stop," Obama said.

Sein, speaking through a translator, said his country faces a "daunting task" in carrying out reforms but said for democracy to flourish in Myanmar, the reforms must be carried out in the years ahead.

Myanmar will need the "assistance and understanding" of the international community, including the United States, as it goes through the process, he said.

Rights groups and some U.S. lawmakers fear Obama has moved too quickly since forging a dramatic breakthrough in relations in 2011 after half a century of military rule in Myanmar, also known as Burma.

U.S. officials argue that reforms by Myanmar's quasi-military government are transformative and deserve support from Obama, who confirmed the end of Myanmar's pariah status with the West with a landmark visit last November. REUTERS

A group of Muslim protesters demonstrates against Myanmar President Thein Sein's U.S. visit outside the White House in Washington, D.C. / GETTY IMAGES

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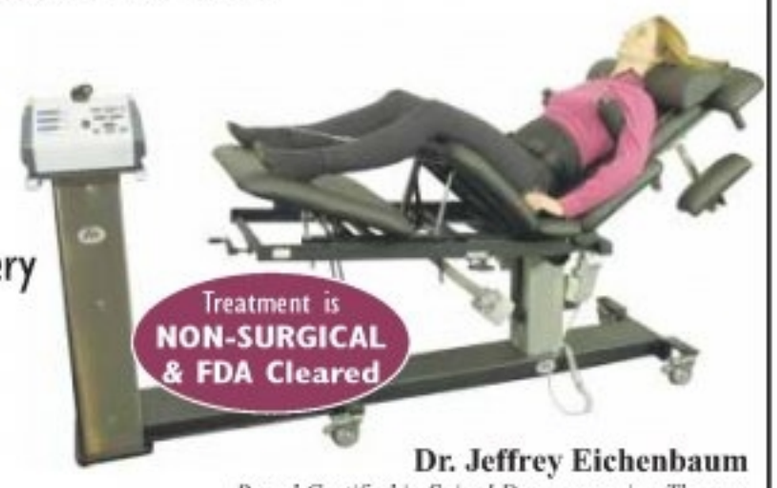

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Margaret Peterson poses with her son, Mark, just after graduating. / PROVIDED

Receiving a diploma, with a little help from family

Graduation. Margaret Peterson got her degree from La Salle as her husband watched via video conference from hospice care.

Last week, Margaret Peterson graduated from La Salle University with a master's degree in marriage and family therapy, to add to her doctorate in theology and ethics. Due to complications with her husband Dwight's health, it took the Eastern University professor four years to complete her studies. Dwight, a paraplegic since age 18, who also taught at Eastern, was not expected to live to see his wife graduate. So you can imagine the post-commencement celebration that took place after he watched his wife's latest achievement via video conference.

We spoke with Peterson hours after her graduation and learned about her years of teaching with Dwight at Eastern and what it took for her to reach this goal. "It feels a little unreal," she says. "My husband is really glad to have seen me finish. It feels like a joint project that we got through." Peterson adds that her husband and 12-year-old son, Mark, took on a "let's get mom through grad school" mentality that certainly kept her motivated.

But it was hard for anyone to imagine Dwight living to see this day. "He's been in [hospice care] for 10 months," says Peterson, citing complications from paraplegia as the cause. "It's been difficult. I've been teaching. Then I was on sabbatical for an internship, doing the nursing at home, and trying to keep our son on an even keel. There's been a great deal of help from school and church. It's been a lot, and I'm extremely relieved to be done." Peterson hopes to put her new degree to use by helping families who are dealing with illness and disability. "That's always been an interest of mine, even before my husband was very ill," she says. "It's been a big reality in my life."

JULIA WEST
letters@metro.us

Teaching marriage

Margaret finds her calling

For 12 years, Margaret and Dwight Peterson have co-taught a class at Eastern University.

"We taught a class together about marriage. It seemed like a good thing to do," Margaret says. "The more we did it, the more it became my thing — not that he didn't love teaching the class. But I found that my favorite thing to do was talk to the students, learn about their families and relationships. Students would come to me frequently to discuss things, and I was always referring them to the counseling center. I got tired of referring students that I wanted to help. So I went back to school."

Dwight Peterson / PROVIDED

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KStew splits yet again

The on-and-off relationship between Robert Pattinson and Kristen Stewart is currently off. "All this stuff came up," a source close to Pattinson, 27, tells Us Weekly about the reason for Split #234. The source told the magazine that Pattinson blew off a birthday party planned in his honor by Stewart. The two have been fighting "about the cheating, about how selfish she always is, about how moody she always is," the source explains.

Moody? Kristen Stewart? You don't say.

Three years later, Demi Lovato still thinks about Joe Jonas

It's been three years since her brief romance with Joe Jonas, but Demi Lovato is still talking about it. "We were in a relationship and we broke up, and at one point I was really mad at him," Lovato tells ABC's Nightline. "When you go through heartbreaks and things like that, you always have in mind somebody. It's like when you hear a song on the radio that reminds you of somebody, you're going to be reminded."

Ugh. Sometimes (and only sometimes) I feel for celebrities. Imagine having to constantly talk about an ex to major news outlets years after your fling. I cringe just thinking about it.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

Miley Cyrus and Justin Bieber: The remix?

It looks like Miley Cyrus and Justin Bieber are working on a song together.

"I know pictures are flying around," Cyrus told E! at the Billboard Music Awards. "You guys will have to wait and see. I'm the biggest at top secrets. I've had this single ["We Can't Stop," to be released June 3] ready for about a year, and I've had to keep my lips sealed and just not say anything. So you'll see."

Cyrus says this one is for her fans. "I feel like this song really is for them and how I feel — that I can't stop and I'm going to be who I am, and they should be who they are and that they can't stop, and [no one] can stop us."

The singer has been spotted leaving Bieber's recording studio in the past. So as long as they are working on a single together — and not a baby — I'm totally fine with it.

Glamour and love on the red carpet

Nicole Kidman and husband Keith Urban were all over the red carpet (and each other) at the premiere of "Inside Llewyn Davis" during the 66th annual Cannes Film Festival on Sunday. The lovebirds kissed, hugged and held hands for photographers. Basically, they were seriously cute. And annoying. But generally more cute than anything else.

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Justin Bieber is feeling a whole lot of love, Channing Tatum likes a good bit of wisdom, Lena Dunham is choosing her words carefully and John Cleese smells a conspiracy.

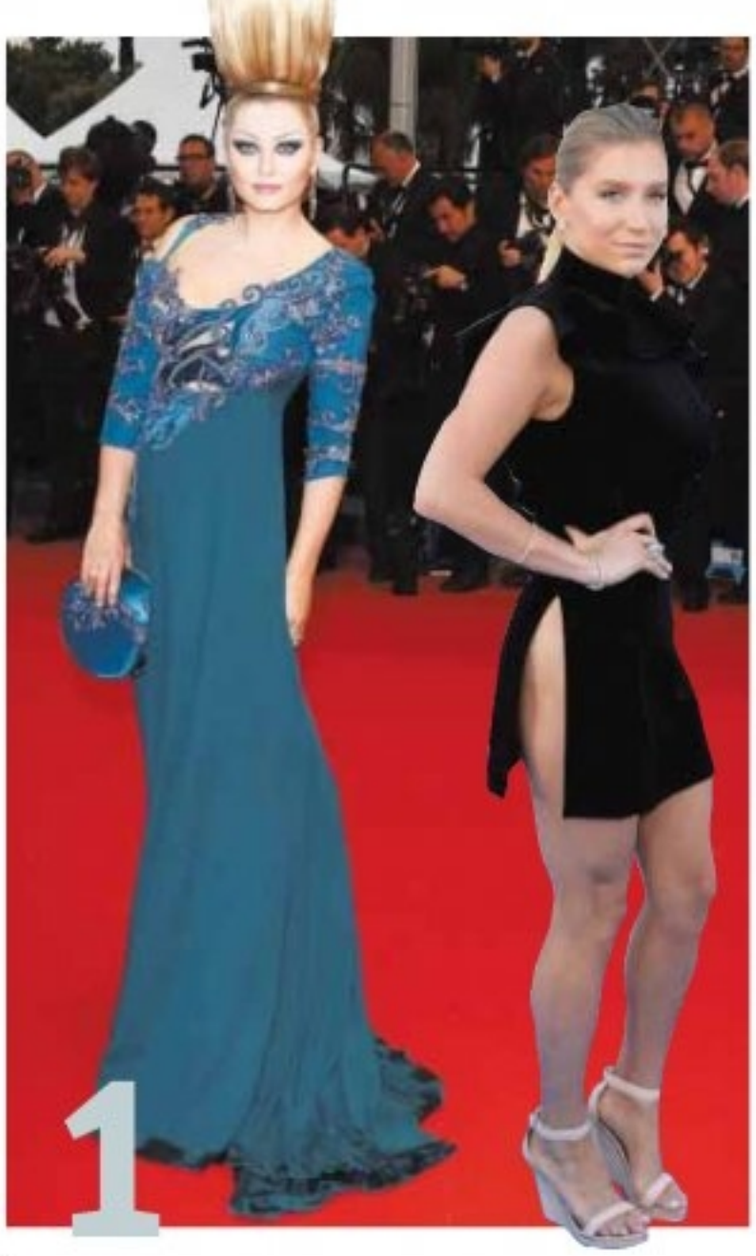
@justinbieber: "I love music, my fans, my family, my friends ... And I love The Lord."

@channingtatum: "Go where you are celebrated — not tolerated. If they can't see the real value of you, it's time for a new start. —Unknown"

@lenadunham: "Under the right circumstances, I'd love to murder someone — something I'm glad I've never said in an interview."

@JohnCleese: "Why haven't they told who was elected vice pope? Is it a cover up?"

Cannes vs. the Billboard Music Awards



Attention-grabbers

1 Billboard: Never underestimate the power of an obscenely high slit to land a girl (**Ke$ha**) in the papers.
Cannes: Elena Lenina wore a pompadour hopped up on Viagra to Cannes.

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The wackadoos

2 Billboard: Z LaLa clearly wants to make an impression.
Cannes: Florence Welch tries a bit too hard in a lurid Miu Miu polka dot dress and platforms.

Pretty young things

3 Billboard: Taylor Swift shows why she's a one-woman disco in a sparkling Zuhair Murad mini.
Cannes: Cara Delevingne shows she's got grown-up sex appeal in this Burberry dress.

Prom queens

4 Billboard: Shania Twain is the best-looking 46-year-old prom queen out there.
Cannes: You can almost hear **Isla Fisher** muttering to herself, "Please vote for me!"

GETTY IMAGES

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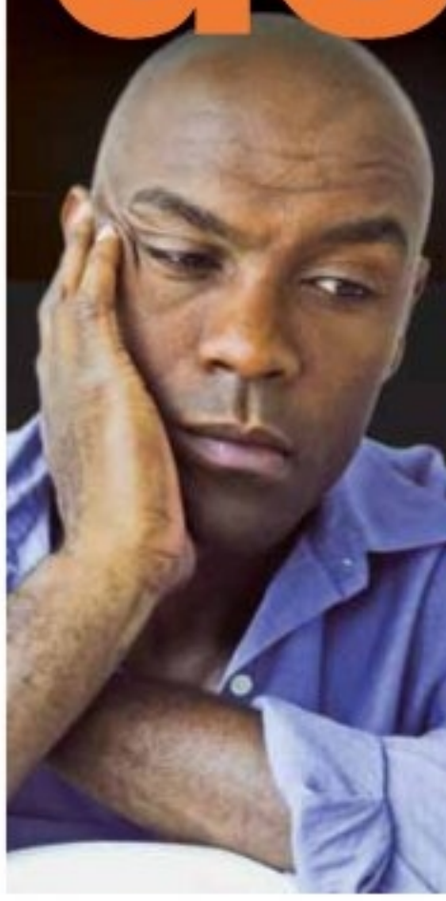

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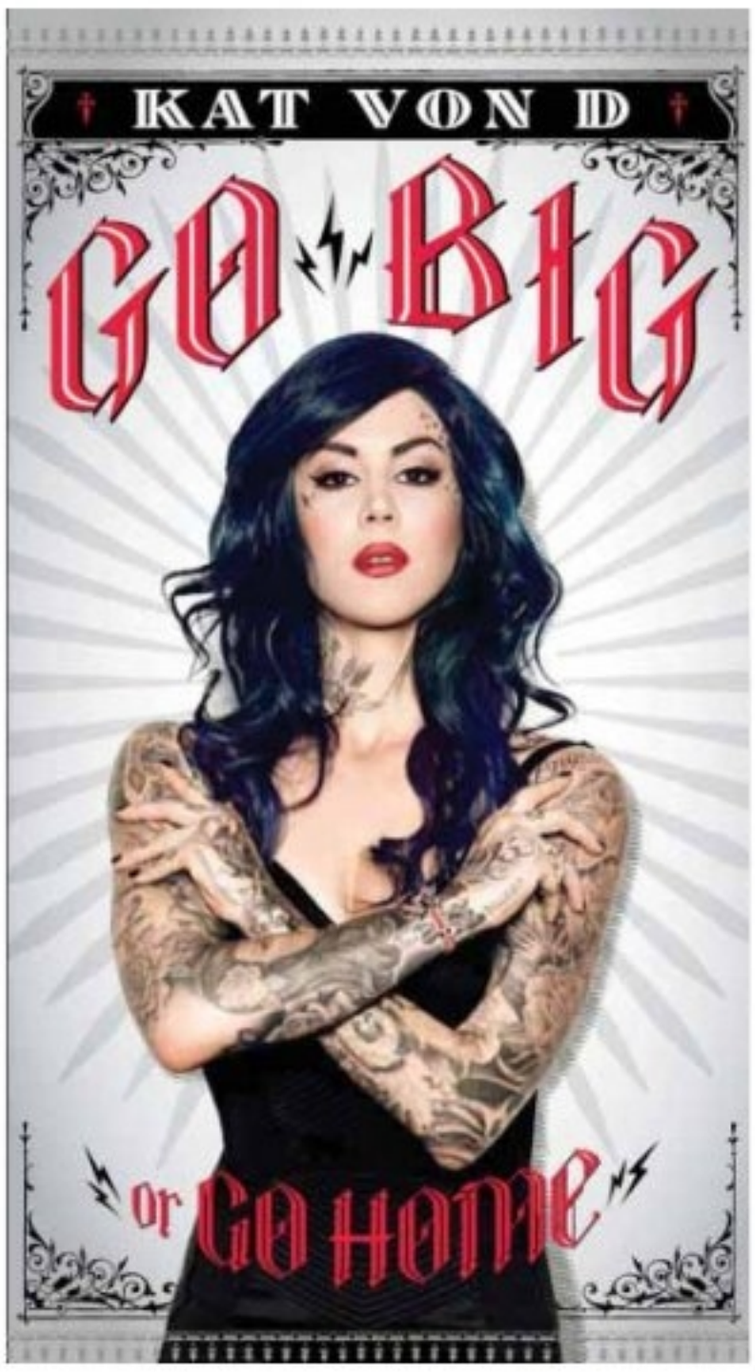

Tattoo artist Kat Von D says: 'Go Big or Go Home'

Interview. The artist doesn't compete with men: "I get cramps once a month, but that's it."

In her third book, "Go Big or Go Home," acclaimed tattoo artist and reality star Kat Von D delves deep to tell stories from her own life and experiences she's shared with clients. Chock-full of photos of tattoos in various stages of completion and the people who wear them, the book sheds light on the personality, process and profession of one of the tattoo world's brightest stars. We had a few questions for Kat about the arts of ink and writing.

What made this book more challenging to write than your other two?
I've always been an open book — no pun intended. It's just a little bit more profound on an emotional level. I want to be as open and honest as possible, even in all my flaws.

You're known for your portrait work. How did you get into that?
I was doing a lot of them [on television] and got a reputation for portraits. I love black and gray realism. So I could do a portrait of a paper clip, or a person, and I'd still get excited. It's more about the textures and accuracy.

You're in a boys' club, so what's it like being a female tattoo artist?
I go back and forth on that subject. Although I feel lucky to be a girl because it's fun to be a girl, I get kind of annoyed by these uber-feminists who make gender such a big part of who they are. I don't think gender should define you. I've always wanted my work to speak for itself. So, as for the challenges of being in a male-dominated field? I get cramps once a month, but that's it.

NATALIE SHURE
letters@metro.us

Quoted

"I don't think gender should define you. I've always wanted my work to speak for itself."
Kat Von D

On tattoos

Von D: Openly devoted to you

"There's all this negative stigma surrounding people with tattoos," says Von D when asked what she loves about the tattoo world and her chosen industry. "But I've always thought it's a form of being openly devoted to something, and that's a very rare and great quality to have. You listen to people's stories during an intimate session, and really get to know somebody. I like the idea of being extra connected to a piece because you know how much it's valued by the client."

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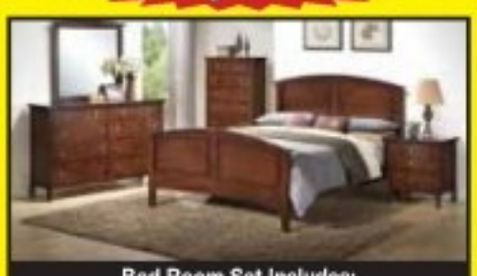
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TV watch list

REALITY

'The Bachelor's Funniest Moments'

If funny means sad, then yeah, the 25 seasons of "The Bachelor" have plenty of those moments, as women with ticking biological clocks fight over a dude with nice teeth and a fat wallet. **8 P.M., ABC**

Making people compete for love is amusing, according to "The Bachelor's Funniest Moments." / GETTY IMAGES

REALITY

'Property Virgins'

Sadly, this is not a show about nerds buying houses in which to not have sex. In the Season 13 opener, an Atlanta couple buys its first house.
8 P.M., HGTV

REALITY

'Extreme Moms'

This is kind of like "Intervention," but with moms. In the series opener, loved ones confront a woman who likes being naked in places she shouldn't be.
SERIES PREMIERE, 9 P.M., LIFETIME

EDUCATIONAL

'Man-Eating Super Squid'

We'll watch anything including the words "super squid." This is an exploration of the Kraken, which is such an underrated mythological monster. Yetis get all the press.
9 P.M., ANIMAL PLANET

REALITY

'Ke$ha: My Crazy Beautiful Life'

In this episode of her tour diary/documentary, Ke$ha wears glitter, drinks booze and looks like she could use a shower. **11 P.M., MTV**

PUBLIC HEARING NOTICE
PHILADELPHIA HOUSING AUTHORITY
ADMISSIONS AND CONTINUED OCCUPANCY POLICY (ACOP)

The Philadelphia Housing Authority is soliciting public comments for amendments to the Admissions and Continued Occupancy Policy (ACOP) and Housing Choice Voucher Administrative Plan (HCV Admin Plan).

Copies of the proposed amendments and the current versions of the ACOP and HCV Admin Plan are available on our website at www.pha.phila.gov. The comment period is open on May 8th 2013 through June 26th, 2013.

Proposed amendments and the current versions of the ACOP and HCV Admin Plan are available for public review at the Philadelphia Housing Authority's Admissions Office at 712 N. 16th Street and the Housing Choice Voucher Office at 2850 Germantown Avenue between the hours of 9:00 a.m. and 4:00 p.m.

The public is invited to a presentation of the Admissions and Continued Occupancy Policy (ACOP) and Housing Choice Voucher Administrative Plan (HCV Admin Plan) with an opportunity to provide oral and/or written comments at a Public Hearing. Only comments pertaining to this proposal are being solicited. **A Public Hearing will be conducted on Wednesday, June 26th, 2013, beginning at 3:00 p.m. at the John F. Street Center, 1100 Poplar Street, Philadelphia, PA 19123.**

Written comments can be submitted to PHA Office of Policy, Research and Enterprise Planning - Attention ACOP/HCV Plan Amendments PHA's Office of Policy, Research and Enterprise Planning at 12 South 23rd Street, Philadelphia PA 19103. Comments must be received on or before June 26th, 2013.

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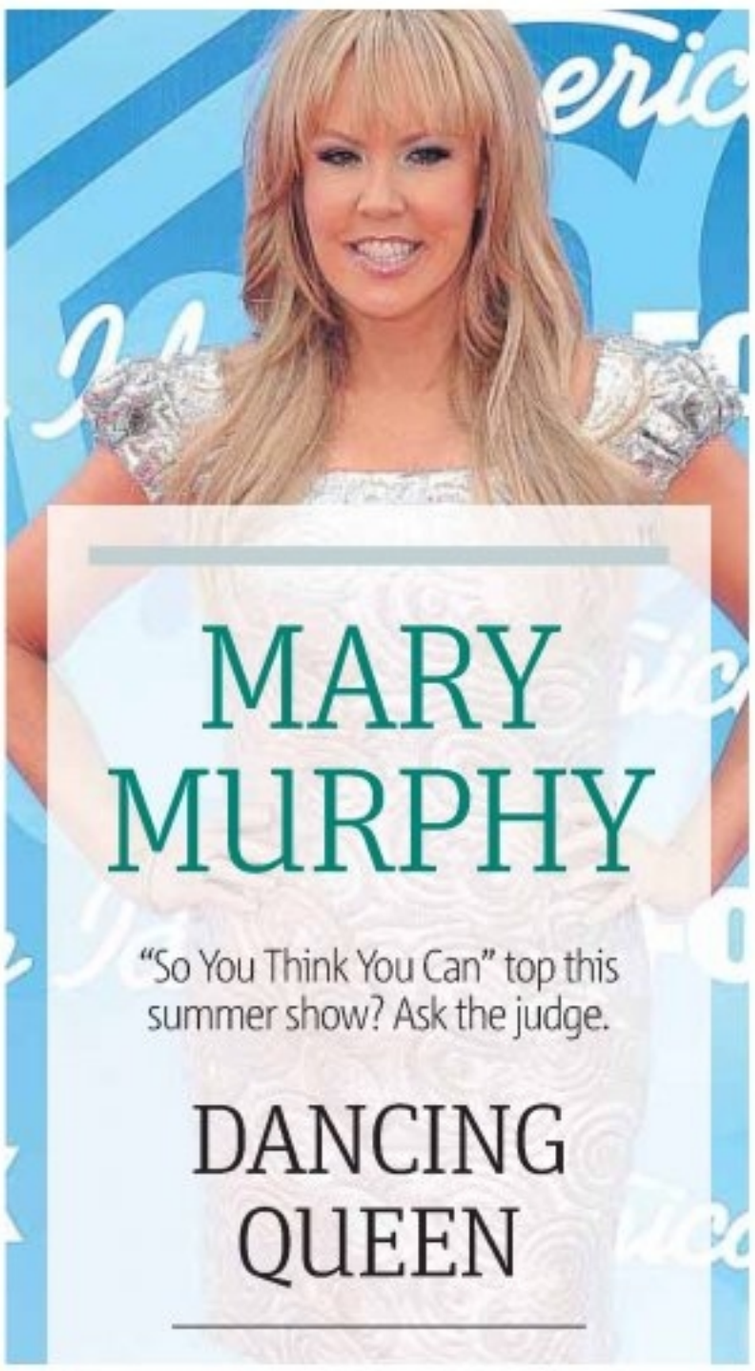

MARY MURPHY

"So You Think You Can" top this summer show? Ask the judge.

DANCING QUEEN

"So You Think You Can Dance" may be in its 10th season, but judge Mary Murphy is having no less fun in her job. The bubbly ballroom pro spoke with us about Season 10 while en route to the airport for a TV appearance, her chatter infused with a hint of Southern twang and that signature gregarious laughter of hers.

The show is almost 10 years old — how does that make you feel?
It went by in a snap. I'm very grateful and really proud of the show and all the dancers that come back. I would say a good half of [this year's contestants] are probably 18. They've just been waiting for the day [they can audition]. So many of them say, "I started when I was 9, dreaming about the day I'd be on 'So You Think You Can Dance.'" It's starting to be like a rite of passage.

Do you stay in touch with any former contestants?
We certainly do. One of our guest judges this year is gonna be tWitch, who was one of our past contestants, and he's engaged to Allison Holker, another

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one of our contestants. I think they're our first wedding, even though they weren't on the same year — they met each other and did a lot of gigs together and fell in love. It's just really the coolest thing. I think one of our executive producers is even gonna be marrying them!

How do you keep the show fresh and exciting after 10 years?
As far as any new format twists, they haven't let us know of anything. I do know that they do plan on keeping the two winners this season and that was new last year. We have more new guest judges, which is always fun. Minnie Driver is a new judge this season — she studied dance at the Royal Ballet in England. ... A lot of these people have dance in their background and they love, love, love the show.

And no season would be complete without the opinions of your co-judge, Nigel Lythgoe. What's your relationship like off-set?
Me and Nigel met Prince Charles this year at Buckingham Palace. It was really surreal for me. Nigel's a hard person to get something for, and I know he's really involved with England still — their soccer teams and the BAFTA and everything else — that I just felt really good about saying to him, "Would you like to go to Buckingham Palace and meet Prince Charles?"

Joel McHale often teases you on "The Soup." Does that ever get to you?
I have to say, the first time he did it, it really hurt my feelings. It made me cry. And the next time, he brought me down [to the show], and everybody from the set was running over to me, talking about the contestants and this that and the other. And he was in makeup and I said, "You know you made me cry a couple weeks ago." And he said, "What? Mary, don't you know I love you and I respect you?" He said, "I love what you guys do on that show, I love your enthusiasm. That's why I brought you here today, because we love you." And so then I was always looking forward to it, and then I just started getting bummed when he wasn't showing me. [Laughs]

MEREDITH ENGEL
meredith.engel@metro.us

Get on board

Are you sending any contestants on the hot tamale train this season?
Oh, for sure. I put a couple contestants on that train during the auditions, which is rare. And for the very first time I even [used] a cuss word — and I very rarely cuss. I take that out of my vocabulary, mainly because you're on live TV and you never want to let anything slip — it doesn't go down well with the network. And I don't like it. [But] there was a spectacular kid this season and something came flying out of my mouth.

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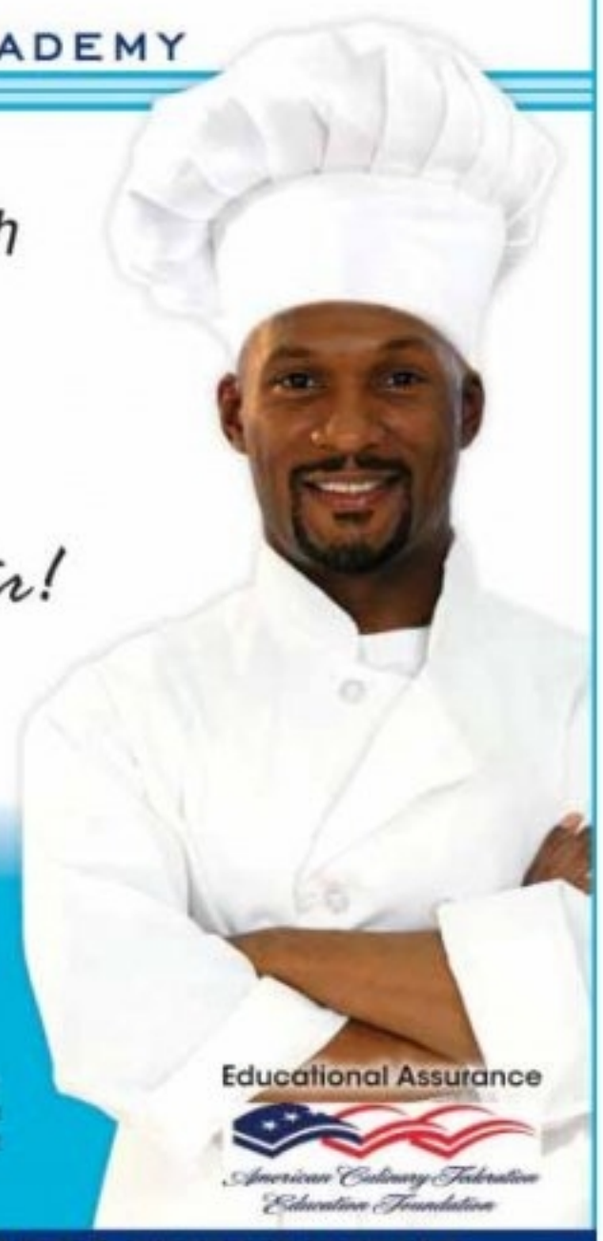

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French Montana is the 'Shot Caller'

Hip-hop. New York MC pulls in some ringers for his debut. He asks, "Wouldn't you?"

French Montana's album, "Excuse My French," drops today.
GETTY IMAGES

For French Montana, having one of the most anticipated hip-hop albums of the year was all part of the plan. Starting out with his own series of DVDs, the Moroccan-born, Bronx-bred rapper mixed artist interviews from the heavyweights in the game to garner attention for his own music. And it worked. That street buzz, along with a heavy Internet presence (and a couple of hits like "Shot Caller" and "Pop That") made him one of the most sought after MCs. It was also enough for both Diddy and Rick Ross to sign on to executive produce his debut album, "Excuse My French," which comes out today. Montana counts himself lucky to have such mentors, especially since he believes good business is built on great relationships.

"If you could have Michael Jordan and Pat Riley coach you, why wouldn't you?" he explains. "Puff is like No. 1 in the Forbes [Magazine list]. Guys like him and Ross don't move for money. They have to have love for you. That's all I wanted: someone that had love and cares about my music as much as I care about it."

The love for French doesn't end with Ross and Diddy.

The featured lineup for "Excuse My French" is filled with the genre's A-List. Snoop, Lil Wayne, Ne-Yo, Drake, Nicki Minaj, The Weeknd and Scarface all make appearances. But why are hip-hop's hit makers coming out for somebody who had a rep as a troublemaker when he first entered the industry? Montana says the answer is simple.

"I just want to do things to get my mind off the negativity," he says. "I just want to make music and have fun and be around positive people. I feel like they see them [in me] when they were on the come-up."

If you go

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New and notable spots at the Jersey Shore

The Jersey Shore isn't going to let a superstorm get in the way of its summertime fun. A good portion of the area is not only open and ready for your tourism dollars, but the folks there are pushing new ways for you to experience it — from big clubs to dog-friendly beach bars.

Atlantic City

Reserve a bungalow at HQ Beach Club. / PROVIDED

HQ Beach Club/ HQ Nightclub at Revel

For those who like their summertime with a heavy dose of party, there's HQ Beach Club and HQ Nightclub, two new destinations at Atlantic City's newest casino, Revel. For night owls, the HQ Nightclub will host a revolving cast of high-profile DJs. And those who like their sunshine with a side of table service should try the HQ Beach Club, a luxe pool lounge with model servers offering bottle service for those relaxing on their daybeds or bungalows (reservations only).

Long Branch

Pier Village's Le Club Avenue

The Jersey Shore gets exclusive with the Avenue's Beach Club, located in Long Branch. The members-only club is family-friendly during the day but transforms into a more adults-only spot at night with cocktails, a full menu and open-air lounges complete with a rooftop pool. Membership prices range from $3,000 to $5,500; weekend passes are also available when capacity permits. Call 732-759-2900 for more information.

Avenue Beach Club is members-only. / PROVIDED

Cape May

Beach Shack has a doggone good deal. / FRANK SCOTT

Beach Shack/ Rusty Nail goes pet friendly

Going to the beach doesn't mean that your favorite furry friend has to stay home. The Beach Shack, Cape May's laid-back beach-front motel, is allowing dogs to stay overnight with their owners as well as to dine on the new Doggie Menu at the popular beach bar, the Rusty Nail. Rates for the Paw's Up package start at $156 a night, which includes a $35 a night fee for dogs.

DOROTHY ROBINSON
dorothy.robinson@metro.us

PLUS

Also in AC

Haven nightclub

The Golden Nugget is making a big play in the nightlife market with the opening of its brand-new Haven Nightclub. The latest entry into the AC nightlife scene boasts a state-of-the-art DJ booth, LED video wall, dance floor, 25 banquettes offering signature table service and two full-service bars. Ke$ha and Pitbull are on hand to open it this weekend.

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9 Reasons to go to Paso Robles now

Destinations. This part of California's Central Coast has been overshadowed by the state's other wine regions — but not anymore.

The time for Paso has arrived — top wine producers here are turning out some remarkable juice. The range of styles and expressions, across the gamut of varietals, is both unexpected and delicious. Paso does elegant just as well as it does powerful. Oh, and the food ain't so bad either.

The wine

Longtime favorites like **Tobin James** are as excellent as ever. Tastings are free — they're confident that you'll purchase what you taste. **Steinbeck Vineyards and Winery** offers a unique take on what the Central Coast is capable of, and if you have a chance to take a trip through the vines in their vintage Jeep, jump at it. **Chateau Margene** is a testament to the ever-climbing quality of wine from the Central Coast: Their cabernets and bordeaux-style blends are complex and age-worthy. **Vina Robles** is in the process of constructing an amphitheater that will host some of the region's best acts. **Aronhill Vineyards** not only produces remarkable cabernet sauvignon and primitivo, but lunch on their terrace overlooking the Templeton Gap is a must.

BRIAN FREEDMAN

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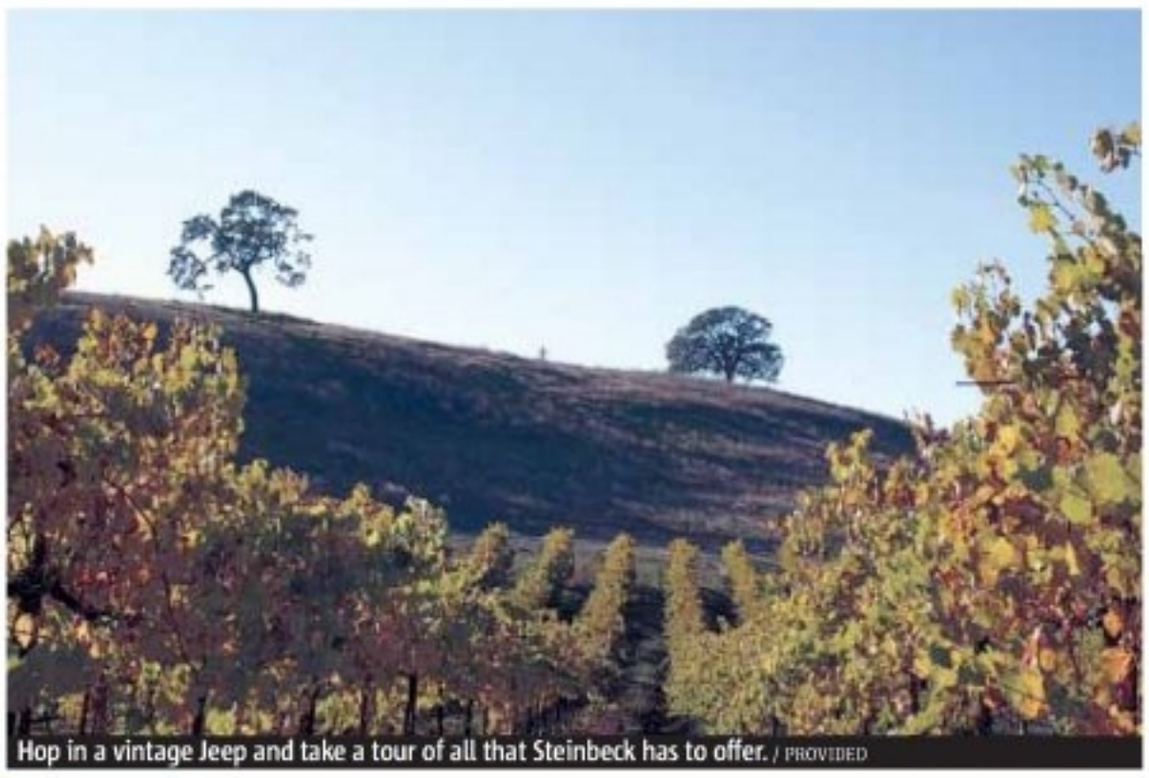
Hop in a vintage Jeep and take a tour of all that Steinbeck has to offer. / PROVIDED

The food

Dine here

Artisan restaurant is a standout. Executive chef and owner Chris Kobayashi is behind dishes like wild boar tenderloin with caramelized fennel risotto and a green garlic pistou that tastes like spring. **Il Cortile** takes inspiration from Italy and makes it perfectly suited to the flavors of the Central Coast. Think lamb ravioli, paired with a local grenache from Austin Hope. And **Thomas Hill Organics**, the highly lauded wine bar and bistro, offers a menu bursting with whimsy and intelligence. Enjoy it with a beer from **Firestone Walker Brewery**.

Expect artisanal cuisine at ... well, Artisan. / ROB STARK

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Trend of the week: Two-tone denim

This spring, denim comes in patched looks that are a little Sixties hippie and a little Nineties grunge (with a touch of Eighties Marty McFly).

KENYA HUNT
kenya.hunt@metro.lu

3.1 Phillip Lim
Chambray pants, $425, www.netaporter.com

Reiss
1971 Robbie shirt, $170, www.reiss.com

MiH
Jeans, $235, www.netaporter.com

Madewell
Two-tone chambray shirt, $88, www.madewell.com

Paige
Emily jean, $189, www.shopbop.com

Zara
Jeans, $80, www.zara.com

Real-world application

A test run

Every season offers a new interpretation of denim, some easier to pull off than others.

Last year's look—those ubiquitous leopard spots — were harmless and versatile. But this season brings some more challenging fare.

On the surface, two-tone jeans look like they'd be dangerous, placing you in the hipster, trying-too-hard territory. But they're actually versatile.

I chose a pair by MiH because they struck a balance between being Right Now and Still Stylish Later. Plus, they're just skinny enough without preventing one's ability to breathe. I wore mine with a graphic blouse, tailored coat and pumps — an outfit that successfully took me from the office to dinner with friends afterward. KENYA HUNT

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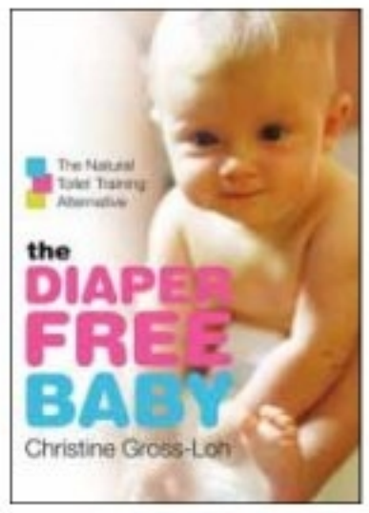

Toilet training. The new parenting trend is "elimination communication." What is it, and how can you implement it at home?

EC for every parent

Gross-Loh aims to make "The Diaper Free Baby" accessible to all types of parents, writing for three categories: Full-Time, Part-Time and Occasional EC-ers.

She also includes a support group within the book, with inspiring testimonials and tips throughout every chapter.

No diaper required: The EC technique means watching and listening to your baby's cues. / PIXLAND

It seems impossible: A baby — many times not much older than a newborn — goes to the bathroom directly into the toilet and not a diaper. Devotees of "elimination communication" say that it can happen. Christine Gross-Loh has been preaching this alternative to toilet training for years; her book, "The Diaper Free Baby," has been the instruction manual for EC devotees since it was published in 2007. Here, she gives advice on being No. 1 in the "number two" business.

How is EC different from regular toilet training?

The most basic difference is that you start EC earlier, before a child has become so used to eliminating in diapers that potty training is a whole new transition he has to get used to (and may be resistant to). Babies are born with this awareness of elimination, but as they become used to eliminating in a diaper all the time, they lose that awareness — and have to work on becoming aware again when they reach the age of conventional toilet training. EC-ed children are often out of diapers completely at or before the age when most children are just beginning to embark on potty training.

What advice do you have for working parents who live in cities who may want to try EC?

EC can be done during the evening or on weekends. Even if you are at home with your baby full-time, you may not be doing EC full-time. It's easy to have some diaper-free time during the evening, or sit your baby on the potty before and after his bath. Doing EC does not mean you have to ditch diapers completely.

What are some drawbacks to EC? Benefits?

It's hard to do anything when it's not a cultural norm — you may get less support and less information. Information about EC — about typical stages, about the logistics — is really key. Luckily, the information and support is out there as more and more parents do EC. And there are so many great reasons to give it a try: There are communication benefits (you learn to read your baby just as you learn how to figure out when he is hungry or sleepy), environmental and economic benefits (you go through fewer diapers) and health benefits (less diaper rash). Finally, you are not relying on diapers so much that your child becomes reluctant to let go of them, a problem that some parents face when doing conventional toilet training.

Why do you think EC has taken off in recent years?

I think it's because there are so many parents out there who know more about the world around us. They know that in cultures around the world, it's not at all the norm for a baby older than 1 to be in a diaper (if he was ever in a diaper at all). When you know that this isn't a universal thing, it makes you feel more open to understanding why and how this is, and to realizing there are some viable lessons here for us. When I had my first child 13 years ago, I had heard of EC but thought of it as a black-or-white endeavor — you either do it fully or you don't. I simply couldn't imagine how you could make it work in a culture where we have so many homes with carpets! But my experiences showed me that you can do it to any degree that works for you. Even if your baby sits on the potty just once a day, there are benefits.

DOROTHY ROBINSON
dorothy.robinson@metro.us

Horoscope

♊ Gemini | May 22-June 20. There will be some specific things that you'll want done a certain way today. You shouldn't have trouble getting your ideas across.

♋ Cancer | June 21-July 22. A matter that you were quite concerned about will work out much better than you'd dared to hope. The problems will just melt away.

♌ Leo | July 23-Aug. 22. A friend you haven't seen too much of lately might be in your thoughts. It could be a signal that you need to contact your pal.

♍ Virgo | Aug. 23-Sept. 22. Most material conditions look promising, so don't hesitate to exploit any chance to make a profit.

♎ Libra | Sept. 23-Oct. 22. One of your greatest gifts is your ability to instruct people without making them feel stupid or imposed upon. All your suggestions will be followed.

♏ Scorpio | Oct. 23-Nov. 21. Desirable outcomes will be reached if you put the concerns of others above your own.

♐ Sagittarius | Nov. 22-Dec. 21. You're likely to be extremely effective whenever you deal with people on a one-on-one basis.

♑ Capricorn | Dec. 22-Jan 20. Lucky you, because members of the opposite sex could be very helpful to your cause, especially when it comes to your social ambitions.

♒ Aquarius | Jan. 21-Feb 18. Even though it's early in the week, try to devote some of your time toward recreation.

♓ Pisces | Feb. 19-March 20. Your financial prospects look to be encouraging, particularly when it comes to an arrangement with someone who has proved lucky for you in the past.

♈ Aries | March 21-April 20. If you have to deal with an argumentative person, instead of reacting in kind, be tactful and cooperative.

♉ Taurus | April 21-May 21. Be extra diligent when it comes to fulfilling your responsibilities. A surprise reward may be in store for good work. **BERNICE BEDE OSOL**

Sudoku: Easy and hard

1		5		6	8	7	3	
	9	6			5		8	
				4		5		
						3		
	7		2	3	6		4	
		1						
		2		7				
	6		5			4	7	
	1	4	3	8		2		6

8				7	6			3
		3		5				
	6	9	2					
6			8		3	2		
3		2				6		9
		8	6		1			7
					2	7	9	
				1		5		
5			3	8				6

How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Use cover to expose the cover-up

Re: 'Graphic cover not needed to make a point' (Metro, May 17-19) I congratulate Metro for showing the exact results of the factories' deep greed. I believe any other way of expression would simply strengthen the corrupt system that's supposed to protect these workers and further the financial gains of the factory owners even while knowing how poorly their factories operate. I believe such exposure creates hope. The photos simply reported the reality of what's happening, to prevent more deaths. There is no need for a preventive format in the paper. I consider it hypocrisy.

BRAHIMA KAMARA, VIA EMAIL

A study in errors

Re: 'Too broad a brush: How a minority is getting a voice' (Metro, May 20) This demonstrates the dangers of stereotyping any minority, not just AAPI. Any attempt to place them in a grouping, and assign any characteristic to them, is foolish. This also goes for almost every other ethnic or religious group on the planet. The problem with trying to stereotype people based on arbitrarily assigned criteria is that you almost always get it wrong.

GREGORY B. HOLMAN, VIA EMAIL

letters@metro.us

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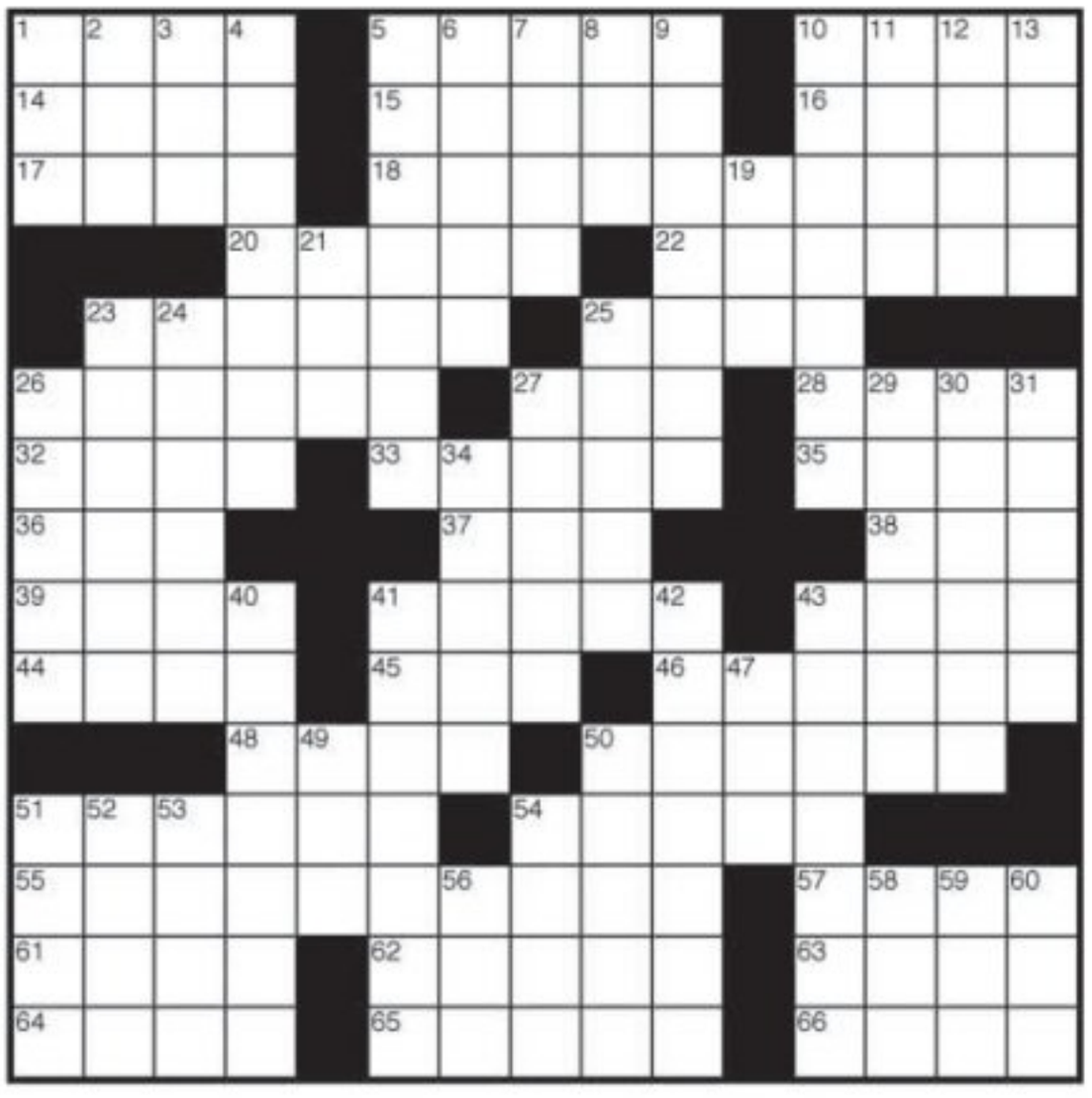
10 Invitation addendum
14 Jai —
15 "Pillow Talk" name
16 Touche provoker
17 Intellectual
18 Fido's treat (2 wds.)
20 They're almost grown
22 Compass pointer
23 Narrow inlets (var.)
25 Told a whopper
26 Bedroom furniture
27 London's Big —
28 Old-time oath
32 Platte River tribe (var.)
33 Irritate
35 Aria performer
36 Pen point
37 Like some hours
38 XXVI, twice
39 Mashed potato serving
41 Dove shelters
43 Track postings
44 "Murder, She Wrote" doc
45 Signs off on
46 Gorgeous
48 Long sighs
50 Milord's spouse
51 Maria Conchita —
54 Halley's discovery
55 Bright flower
57 Footnote word
61 About 2.2 lbs.
62 Jumpy
63 Killer whale
64 Fermi split it
65 Roundup unit
66 Garish sign

Down

1 Zany
2 Notre Dame sight
3 Glasgow turndown
4 Moves quietly
5 Made sense (2 wds.)
6 Hired thugs
7 Assns.
8 Umbrella spoke
9 Totally stupid
10 Ebbed
11 KP peelable
12 Face cover
13 Seeger or Sampras
19 Visualize
21 Distinct period
23 In vain
24 Asimov classic (2 wds.)
25 Quay
26 Gong sounds
27 Borscht veggies
29 Applied gold leaf
30 Greedily
31 Dagwood's pooch
34 Furry Jedi allies
40 Ghost
41 Chums
42 More willowy
43 Applause
47 Flamenco shout
49 Tempe coll.
50 Black eye, slangily
51 "Diana" singer
52 Cafe au —
53 European capital
54 Movie
56 Lunar new year
58 Rapper Dr.—
59 Kind of system
60 Beatles' "Nowhere —"



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3 SPORTS

Wedding bells

NFL fans love RG3

Redskins QB Robert Griffin III caused a mini-controversy when he posted a photo of himself surrounded by wedding gifts on Twitter. Griffin was thanking fans for purchasing gifts for him and his fiancee from their wedding registry at Bed, Bath & Beyond. However, some fans were insulted that a rich athlete was accepting free presents.

Online

Trending at Metro.us

1 Carlos Ruiz hits DL. Ryan Howard still listed day-to-day.

2 GOSSIP: Playing the Field talks Dwight Howard as his stock continues to plummet with fans.

3 Have you seen the promotional schedule for the Reading Fightin Phils? You should.

A HOUSE DIVIDED (ABOUT MCNABB) CANNOT STAND

The voice of Philly sports

ANGELO CATALDI

Cataldi's take

Timing is everything, and it is obviously in bad form to tell the brutal truth about a player the week he announces his retirement.

I just had the craziest dream. First, it was 1999, and I was with 30 drunks booing Donovan McNabb. Then it was 2005, and McNabb was throwing up at the Super Bowl. Finally, I was debating the merits of McNabb's career with former NFL quarterback Kordell Stewart and fending off accusations of racism by Temple icon John Chaney. That was some nightmare.

What's that? All of that stuff happened? Ugh.

The strangest week of my 23-year career in radio began with a stupid remark I made on WIP. I suggested, with tongue in cheek, that we re-gather the members of the Dirty Thirty who had booed McNabb at the 1999 draft and blast him one last time at his retirement ceremony. I am no fan of old No. 5, but that would be a dumb move, even by my warped standards.

In the course of my rant, I made the mistake of dredging up the issue of whether McNabb vomited in the Super Bowl, leading to a three-day war with reporters who still believe he did not. Did McNabb barf? Yes, he did, but what's the point of arguing it again now?

All of the press I got for my McNabb comments earned me an invitation on an Atlanta radio show hosted by Kordell Stewart, who informed me that I'm nuts not to appreciate a quarterback who got the Eagles to five NFC championship games. I then suggested — nicely, mind you — McNabb is a hero only when compared to lesser quarterbacks like, say, Kordell Stewart.

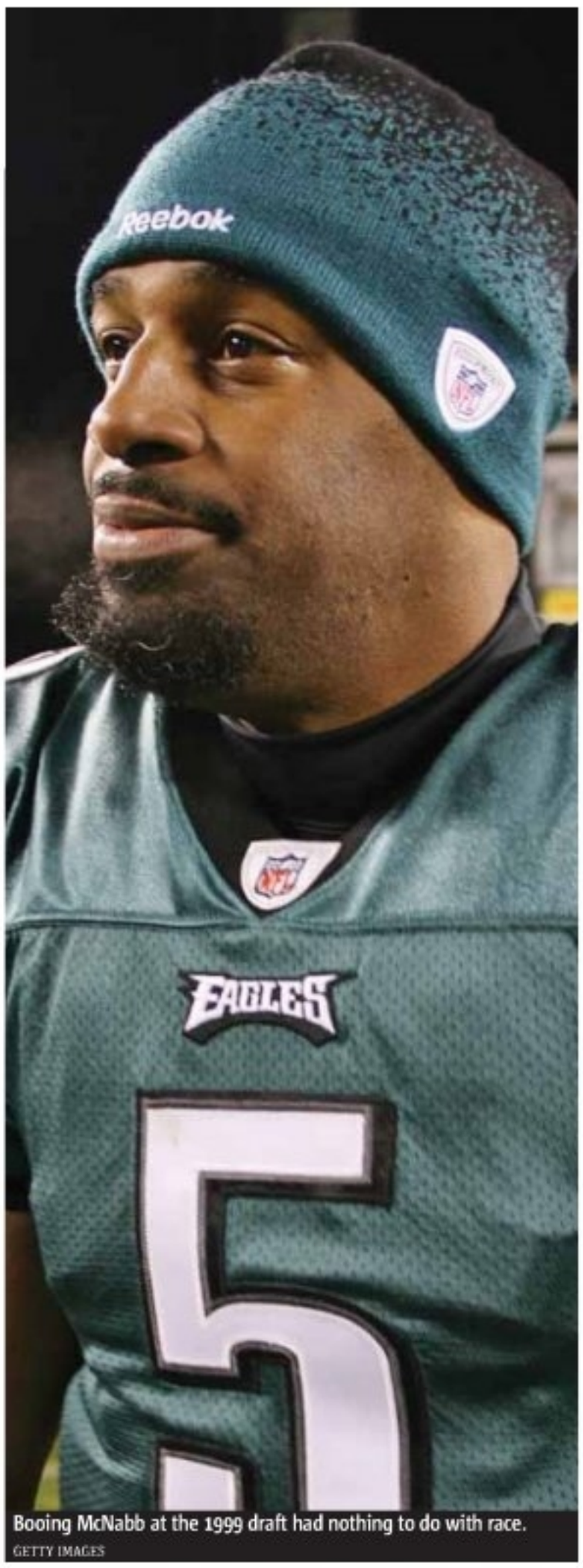
Could I dig the hole any deeper? Apparently, I could. As the week progressed, I offered some serious analysis of McNabb that did not sit well with his many admirers. I said he negated his many good accomplishments with passive-aggressive behavior that will permanently damage his legacy.

Unfortunately, timing is everything, and it is obviously considered bad form to tell the brutal truth about a player on the week when he announces his retirement. Among those offended by my commentary was former Temple coach John Chaney, who suggested that the negative 1999 draft reaction was like "a lynch mob." In other words, we went to New York that day to protest a black quarterback.

Chaney has no idea what he's talking about. We made the trip — at the urging of then-Mayor Ed Rendell — to welcome Ricky Williams to the Eagles. The black running back, Ricky Williams. John Chaney owes me and those fans an apology.

Of course, it could be argued that I deserved all of the heat for stirring up arguments best left undisturbed. On that charge, I plead guilty. McNabb was a good quarterback, OK? There, I said it.

Now, please leave me alone while I take a long, dreamless nap.



Booing McNabb at the 1999 draft had nothing to do with race.
GETTY IMAGES

Opinion

Phils in tough spot with future of Chase Utley

At a time when his popularity is at an all-time low, Phils GM Ruben Amaro, Jr. faces his toughest decision: Is it time to trade Chase Utley?

On a team of beloved sports heroes, there is one true leader, Utley — the feisty, quiet second baseman who personifies the gritty fan base. Even his profane "World bleepin' champions!" exhortation at the 2008 championship rally has become a term of endearment for that legendary team.

But that was five long years ago — five years of punishment on brittle knees, five years of falling short and falling hard. That Utley has returned to a semblance of his previous greatness this season is something of a medical miracle. He looks like Utley again, playing well and smart, squeezing a few desperate wins out of a declining team.

Utley is a free agent after 2013, and he will never again be worth the $15 million he is earning. And that leads to Amaro's decision about what to do with a player loved by all but worth more to a contender.

Baseball sage Peter Gammons, of the MLB Network, said on my radio show that no Phillie will bring more in return than Utley, who would take both his talent and his aura to a contender. Doesn't it make sense to use Utley as part of a rebuilding process?

The best guess here is that Amaro will trade Utley because it will be the right thing to do for the franchise. And then Amaro will find out what being hated in Philadelphia is really like. AC

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Opinion. New Sixers GM needs to work on communication skills

Sam Hinkie is known as a meticulous number-cruncher with a tireless work ethic, so why did the new Sixers GM do so little homework on the Philadelphia fan before his tone-deaf introductory news conference?

It is a challenge to recall any executive, coach or player who seemed more out of touch with his surroundings than Hinkie appeared in his embarrassing debut. At 32, he isn't expected to be a master of public speaking, but his stilted reading of boring cliches belonged at a college graduation, not at the dais of an NBA team.

Now maybe he's one of those geniuses who is just a lot more comfortable making moves than talking about them. Maybe in the long run he will know what to do with a team that has two good players and a rapidly shrinking fan base. Maybe he will even be figure out how to overcome a clueless owner and a clownish CEO.

But what the Sixers really need, this minute, is someone who can represent the franchise with purpose and confidence — someone who has not lost his mind like Doug Collins, or someone who cannot communicate at all, like his predecessor, Tony DiLeo. They do not need yet another empty suit yammering about nothing.

What Sam Hinkie needed to do last week was declare, in a powerful voice, that Andrew Bynum is not welcome back here. He needed to do what Eagles coach Chip Kelly has done, to connect with the fans. He needed to provide some reason for hope. He failed miserably.

ANGELO CATALDI

Hinkie needs to connect with Sixers fans.
GETTY IMAGES

Idle thoughts

Angelo Cataldi had a few other things to get off his chest this past week.

- **Eagles coach Chip Kelly choreographed his practices last week with loud, pulsating music, a first in the NFL.** Two days later, Andy Reid did the exact same thing in Kansas City. Hold on. Which one of these guys is a rookie? And which one has been doing the job for 14 years?

- **Ilya Bryzgalov simply cannot shut his mouth.** Last week, after blowing another game at the world championships, the goalie called Philadelphia dirty, depicted the people here as lazy welfare bums and praised Joseph Stalin. Why is Bryzgalov still a Flyer?

- **Eagles guard Danny Watkins explained that his struggles were directly connected to unorthodox offensive-line coach Howard Mudd.** Now that Mudd's gone, he implied that we can expect a better return on the first-round pick. Wanna bet?

- **If you were watching the miraculous comeback by the Phils Sunday, then you already know that Freddy Galvis absolutely must play every day, starting right now.** Forget his game-winning home run. Galvis is potentially the best infield defender since Ozzie Smith. He is that good.

Galvis / GETTY IMAGES

- **Welcome to the Phillies, Carlos Zambrano.** The former ace pitcher with serious anger-management problems — he has been known to physically attack teammates and Gatorade coolers without provocation — is working himself back into shape and should be on the major-league roster soon. Meanwhile, somewhere a village is missing its idiot.

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NFL

McCoy leaves practice early

LeSean McCoy left Eagles practice early yesterday with an apparent knee injury.

The running back was seen stretching on the sideline before leaving the field. He didn't appear to be walking with a limp. The Eagles didn't have an official comment.

With McCoy out, Bryce Brown took the majority of first-team reps. The Eagles continue Week 2 of OTAs today at the NovaCare Complex. METRO

WNBA

Diggins wakes up in new Benz

Skylar Diggins continues to rise up the charts.

Diggins, who was drafted third overall by the WNBA's Tulsa Shock, received a brand new Mercedes-Benz as a graduation gift from Roc Nation, Jay-Z's new sports agency. Diggins is one of his clients.

"I got 99 problems but a BENZ ain't one," Diggins tweeted.

Diggins recently graduated from the University of Notre Dame. METRO

MLB

Adams lands on 15-day DL

Phillies setup man Mike Adams has been placed on the 15-day disabled list.

The move is retroactive and the Phils could bring him back Sunday, if he's feeling better. Adams hasn't pitched since May 10 while battling back spasms. Adams plans to throw off a mound Thursday. He is targeting a Monday return.

Adams is 1-3 with a 3.00 ERA this season in 17 appearances for the Phillies. METRO

Phillies get updates on injured stars

MLB. Carlos Ruiz placed on 15-day DL, while Ryan Howard listed as day-to-day.

The Phillies earned a comeback victory Sunday, thanks to the heroics of Freddy Galvis and Erik Kratz. Yesterday, the focus was on the MRI results of Ryan Howard and Carlos Ruiz.

Ruiz was diagnosed with a Grade 2 hamstring strain. He's expected to miss three to four weeks after being placed on the 15-day disabled list. Howard received a cortisone shot and remains listed day-to-day.

After Sunday's game, Howard admitted that he has been dealing with a sore left knee since spring training. The team is being cautious with Howard.

"At no point are we going to put Ryan out there to risk it," trainer Scott Sheridan told reporters.

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Ryan Howard is batting just .245 this season. / GETTY IMAGES

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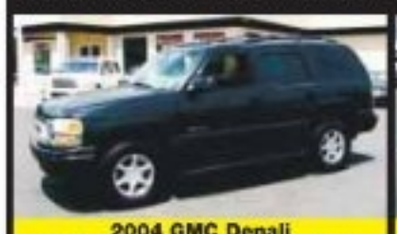
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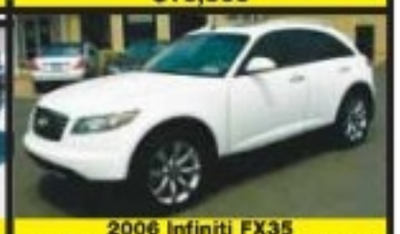
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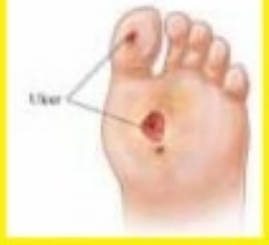

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Qualified participants may receive:
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If so, please contact us about our research study of an investigational medication.

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- Have had osteoarthritis of the knee for at least 6 months
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